***Philippians 4:13 - I can do all things through Him who strengthens me.***

***Isaiah 41:10 - ‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.’***

This past weekend I was having some chest pains.

I figured I would just go to sleep and they would go away.

That night, I was lying in bed, praying.

I prayed a very similar prayer that I usually do.

I thanked God for my family and where our lives are.

I prayed for my wife and our marriage.

I prayed for my daughters.

For our future.

Funny thing is, even though I was having these chest pains, I did not pray for myself.

I almost felt like I should not pray for myself.

My wife forced me to go to ER to make sure I was not dying.

Long story short, something is wrong but it is not my heart.

During the ordeal, aside from being in awe of how many tests they ran in such a short time, there were only a handful of thoughts that went through my mind.

For the most part, I was not too worried.

I knew that I was alive and I did not feel bad, so hopefully it could not be too serious.

I knew that if there was a problem, they would find it and help me.

But that Friday night, when it first kicked in, I had a lot more thoughts.

Naturally I wondered what would happen if I had to have surgery.

What if the quality of my life changes?

No matter what life throws at us, God can always use it.

We naturally do not like change.

We love to sink into complacency.

Joel Osteen says something worth thinking about.

“Change is one of the most difficult things that we face.

But change is inevitable.

One reason we don’t like change is we get comfortable where we are.

We get used to our friends, our job, the place we live.

And even if it’s not perfect we accept it, because it’s familiar.

And what happens is, because we’re not willing to change, we get stuck in what God used to do, instead of moving forward into what God is about to do.

Just because God’s blessed you where you are doesn’t mean you can just sit back and settle there.

You have to stay open to what God is doing now.

What worked five years ago may not work today.

If you’re going to be successful, you have to be willing to change.

Every blessing is not supposed to be permanent; every provision is not supposed to last forever.”

We freak out when the future is uncertain.

However, we can take solace in a faithful God that is omnipresent.

No matter what this life holds or how quickly things can take a hard left, God is with us.

Luke 12:25-26 - And which of you by worrying can add a single hour to his life’s span? If then you cannot do even a very little thing, why do you worry about other matters?”

It is so easy to forget about God’s love.

It is so easy to just focus on our daily lives and ourselves.

Have you ever been on a roller coaster when the safety harness is too loose?

Every bump and turn that roller coaster hits, you hold on for dear life, scared you will be thrown from the track.

When we have cracks in our faith that is what it is like on the roller coaster of life.

When our lives hit those ups and downs, twists and turns, we cling to God.

But we let go when the track seems smooth.

If we keep our faith strong and rely on God deeper and more honestly, if we are able to truly trust God, that restraint is tighter, secure.

We can dip and twist with those turns and bumps; we can let God, trusting that God is holding us.

No matter where the track goes, even if it is upside down and dark, God holds us, protects us.

Fun or not, left or right, up or down, we know God is with us.

Sometimes, we just need to let go.

We need to trust God with everything we view as important.

***Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.***

The things we value have to be brought before God.

Not just when we feel like we need Him or when we’re scared, sick, or lost.

Everything we value.

Family, friends, work, school, money, health.

When we give these things to God and really trust Him and have faith free from doubt and cracks, only then will we have the peace of God that surpasses all human comprehension.

***Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.***